## What Incarcerated Individuals Can Receive

Original articles of mail and photographs will be held at the Allegheny County Jail for a period of seven days and destroyed thereafter. Letters net being delivered (not even copies)

Letters )

Keep it simple and use blue/black ink only

- No stickers are allowed, including an address sticker
- No stains, glitter, lipstick kisses or perfume
- Everything will be photocopied. Originals will not be delivered to inmates.
- Letters cannot be more than three pages and must be no larger than  $8.5 \times 11$  letter sized paper-front and back.

## Photos\_

Incarcerated individuals will only receive a colored copy of an incoming photograph and only one 4 x 6 copy of a photograph is authorized per envelope.

## **Publications**

- Magazine, books and newspapers must be sent directly from the publisher and only via U.S. mail, not UPS or Fed Ex.
- Incarcerated individuals are permitted a maximum of seven publications.

Books

Effective immediately, approved family and friends can order paperback books online to be delivered to incarcerated individuals at the ACJ from vendors:

- Barnes & Noble More info
- Christianbook

For approved family and friends ordering paperback books from one of the vendors above, the address must contain:

Incarcerated individual name

DOC Number

Allegheny County Jail

950 Second Avenue

Pittsburgh, PA 15219

Books must be sent only via U.S. mail, not UPS or Fed Ex.

Note: Hardcover books are not permitted in the facility and inmates may only receive up to seven paperback books a day.

Sir or Madawn, I'm not even close to being an attorney, but I've tried to include as much here as I could to make things clear. I've tried everal approaches to get copies of my grievances to send with his complaint but all were either deflected or ignimed. Since reginning the proportion I've local pointed out to inmates by he grands as a snitch and threatened multiple times, directly od indirectly. This might not all loo as concise or elognent as it could be adequate mental health care might have helped that, but it should be enough, with the grievances and digital requests, to give an idea that something here is eally wrong and needs effection. Not everyone is willing to write & gricunce, much fever actually file a complaint this way, they are estraid to very openly bullied when they do complain id strongly suggest looking over the prievance's (especially the manswered us) from 5F and 6F, or the whole facility even - this is not not me. They do whatever they feel like doing - what policy buy have they don't fallow and some of it is outright unnotitutional (tablets with rights confined to them treated as a privilege) not entradictory. Policy needs to be clear, public, and reliable with envine oversight and consequences for staff who can't follow + - There are drug dealers working for the guesde on every single pool right of now, even PC, I could go long 12 today and send it with this preket if I wanted to ive may ten bucks worth of Commissary. This building is being used as a private industry, even the Commissary and he tablet headphenes are side eccounts possed off to inept associates, but that's a tangeaut - there's not even a

Semblance of an apportunity for rehabilitation here - or even
correction - neither is served by locking up to drug dealer
and then supplying him drugs to sell to the other inmotes.
- I'm not esking for Mental Health care here - besides
having seven them harrossing and tensing mental health partients
to the point of torture, I've seen them too many times
ising mustal health "cave" as prinishment - you don't get
help unless you make a scene and the first thing you get
for making a scene is best up, pappersprayed, put in a suicide
gown and deprived of what comfort you did have, then, if
you're lucky, you can be seen and maybe get treatment, if
they like your Teddy Rogers was told for 2 days he was
looking for attention and that he was a compulsive liar before
he was taken to the hospital after Sinally getting them to do a
test and see he was seriously in distress - James France had a
grand kick a piece of glass under his door in the Suicide
Pod not tell him he wasn't really suicidal. My social worker
emailed the juil to have me seen, 6 months later I hadn't bee
seen yet but was strendy afraid to be seen by mental healt
here - the desense team said they would have me seen by an
outside provider, 8 more months later I've seen no-one. Now I
don't have a chie how to proceed.
Think you for your time,
Aller J. Shing

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Last addition - I am on a hunger strike as
a last resort to get my grievances answered, some
of which are 3 or more menths old The averent
of which are 3 or more months old. The current
CO just told me, "There is no reason to answer old
grievances because they just don't matter mymore
They do matter, abuse of power and cruel and anusual
prinishment matter. He told me also, a soft threat,
that the usual response to a hunger strike is to
that the usual response to a hunger strike is to be moved to 50 (Suicide Pod), stripped of all property
and clathes. Mental Health as Prinishment.
To all sub-
I just sent a request to the Chaplain to help
get this Envelope in the mail since my attorney hasn't
gotten onything I've sent her since January and neither
has anyone else I've sent letters to
a detail
Allufshilly